

Building Families Early Childhood Area

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In The Spot Light

Congratulations to Humboldt and St. Mary's Preschools! They rated 100% on their state voluntary preschool credentialing visit.

Good job! Awesome! Hug yourself! I am proud of you! Kiss your brain! Give yourself a hug! Way to go! I like the way you did that!
Keep up the good work!

ISU Professor Robin Galloway, RISE project coordinator, completed a research project for the Community Adolescent Pregnancy Prevention grant on sex education in our three counties. The project included phone interviews with 41 community members in Hamilton, Humboldt and Wright Counties. Conclusions from the report were:

- Too little (sex education) information too late!!
- School providing good (sex education) information about anatomy, but lacked sufficient content about the emotional and physical details, and often failed to respond to students' questions and myths about sex

Final recommendations included:

- Help parents and educators with how to develop open and honest communication – about any subject – to help teens make informed decisions and positive choices in regard to sex
- Most frequently noted, as the reason why teenagers have sex was peer pressure, a subject not sufficiently being addressed in sex education courses
- Information about coercion and sexual assault
- Begin open, honest dialogue with youth early on to develop awareness and confidence about making informed and positive choices



Newsletter

March 2011

Professional Development Period of PURPLE Crying Dose 3, Child Care

The **Period of PURPLE Crying®** is the phrase used to describe the point in a baby's life when they cry more than any other time. This period of increased crying is often described as colic, but there have been many misunderstandings about what "colic" really is. Watch the video on YouTube
http://www.youtube.com/watch?v=3f97psdLP_C4

Or link into the web site at

<http://www.purplecrying.info/sections/index.php?ct=1>

Crying often creates frustration with parents or care givers. Sometimes shaking the baby is the result. Marj Wonderlich has attended a national shaken baby conference and is educating child care providers and in-home workers on the shaken baby syndrome. We hope ALL child care providers attend this training. Wright County Medical, Van Deist Medical Center and Trinity Regional Hospitals are implementing the program this winter with all new parents.

All trainings will be held from 6:30 to 8:30 at no charge.

*Thursday, April 7, 2011 Eagle Grove: TBA

*Monday, April 18, 2011: Webster City (our office)

*Thursday, April 28, 2011 Humboldt: TBA

*Thursday, May 5, 2011 Belmond: TBA

Call Marj 515-832-3953 for more information.

Parents Only!!

Making Life Easier

By Pamelazita Buschbacher, Ed.D.

**Is bedtime a nightmare for you?
Do you need tips to get your child to bed?**

Pamelazita Buschbacher says: It is estimated that 43% of all children and as many as 86% of children with developmental delays experience some type of sleep difficulty. Sleep problems can make infants and young children moody, short tempered and unable to engage well in interactions with others. She suggests to---

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++Develop a regular time for going to bed and taking naps, and a regular time to wake up

++ Make sure your child has outside time and physical activity daily

++Give your child your undivided and unrushed attention at bedtime

++Develop a bedtime and naptime routine

To get her tips on bedtime use this link for the full article: <http://www.scribd.com/doc/41772544/Making-Life-Easier-Bedtime-and-Naptime>

Age	Nighttime	Daytime
1 - 3 months	8½ hrs - 10 hours	3 naps (total of 5 - 7 more hours)
6 - 9 months	11 hours	2 naps (total of 3 - 3.5 hours)
12 - 18 months	11¼ hours	1 or 2 naps (total of 2 - 2.5 hours)
2 years	11 hours	1 nap (90 minutes - 2 hours)
3 years	10½ hours	1 nap (90 minutes - 2 hours)

Activity

It is often helpful for children to draw pictures of feelings they are not able to verbalize. Maybe something that is scary or sad. Provide them with colored markers and a large sheet of butcher paper and let them tell the story by drawing what they are feeling.



Building Families

Child Care Providers Only!!

Reasons to Register as a Child Care Provider with DHS:

- Protect children
- Make sure children are safe, well cared for and take part in activities that contribute to their development and learning
- Promote high quality in the provision of care and learning
- Provide reassurance for parents

Reasons to become a level three provider:

Providers in Levels 3-5 have made significant steps in meeting key indicators of quality in the areas of:

- professional development
- health and safety
- environment
- family and community partnership
- leadership and administration

By participating you will:

- demonstrate to parents and your community that you are committed to providing quality child care
- show you are working towards improving the quality of the care that you provide.
- qualify for achievement bonuses.

Building Families Projects:

HOPES in-home visitation
Parenting Classes
Preschool Scholarships
Playground Safety Checks
Positive Behavior and Intervention Supports
Activity Kits
Training in Nutrition
Shaken Baby Training and Information
Books to Centers